

ABSTRACT OF THE DISCLOSURE

[0043] A stationary exercise bicycle is provided having a frame, a resistance member, a drive assembly, a right pedal, a left pedal, a
5 seat and an adjustable seat mechanism utilizing a rack. Assembly and
disassembly of a three piece crank arm assembly is accomplished without
requiring the assembling and disassembling of the entire drive assembly.
The stationary exercise bicycle also provides a variety of users with an
optimum seat position and with a convenient latch mechanism to adjust the
10 position of the seat.